

Staff Support Kit



Loving Your **Family** 
Feeding Their Future
Nutrition Education Through The Food Stamp Program

Thanks to you

THE FOOD STAMP PROGRAM (FSP) HELPS MILLIONS OF FAMILIES PUT HEALTHIER FOODS ON THEIR TABLES. FSP can do this because you make extraordinary contributions to the Program's success. More important, you provide those families hope for a better future.

In spite of demanding work you put your clients' interests first. Your dedication comes from a personal mission to help others. You **MAKE A DIFFERENCE** in your clients' lives. We know this because we spent nearly a year visiting with Food Stamp Nutrition Education providers and program administrators and your "calling" came across loud and clear.

We also talked with the people you help, FSP participants. It may surprise you that participants value the **SUPPORT AND EDUCATION** you provide, that many of them put into practice what you teach, and that nutrition education is a powerful influence.

The research also showed that staff want more help with low-literate and Spanish-speaking participants. And participants in those groups say they want to learn **PRACTICAL SKILLS** related to what you teach. To help FSP is introducing *Loving Your Family, Feeding Their Future: Nutrition Education Through the Food Stamp Program*. This initiative provides complementary materials and techniques to make Food Stamp Nutrition Education even more effective and your job easier.

The Food Stamp Program depends on you and families depend on you, even more, for a better future.



Staff Support Materials

■ What's Inside:

- Educator's Handbook
- Discussion Sessions
 - Family Meals – Easy, Tasty, and Healthy!
 - Vegetables and Fruits – Simple Solutions
 - How Much? – Food and Physical Activity
 - Family Time – Active and Fun

English Participant Education Materials

■ What's Inside:

- Their Future Means Everything to You Brochure
- The Healthy Family Guidebook
- Handouts
 - Family Meals – Easy, Tasty, and Healthy!
 - What counts as one cup of fruits?
 - What counts as one cup of vegetables?
 - Ways to Eat Smart and Move More
- Black and White Reproducibles

Spanish Participant Education Materials

■ What's Inside:

- Spanish: Their Future Means Everything to You Brochure
- Spanish: The Healthy Family Guidebook
- Spanish: Handouts
 - Spanish: Family Meals – Easy, Tasty, and Healthy!
 - Spanish: What counts as one cup of fruits?
 - Spanish: What counts as one cup of vegetables?
 - Spanish: Ways to Eat Smart and Move More
- Spanish: Black and White Reproducibles



Food and Nutrition Service
U. S. Department of Agriculture

USDA is an equal opportunity provider and employer.